



**ADEPT**

Advanced Education in  
Psychedelic Therapy

# ADEPT TEAM



**Joost Breeksema, PhD**  
Executive Director & Co-founder  
of OPEN Foundation.



As the Executive Director at OPEN, Joost has been instrumental in organising several high-impact international conferences, fostering a global dialogue on psychedelic research since 2007. His commitment extends beyond academia into impactful drug policy advocacy, lecturing widely on the nuanced drug policy landscape in the Netherlands and globally.

Joost earned his PhD in Philosophy from the University of Groningen, where he currently holds a Postdoctoral Researcher position at the University Medical Center Groningen (UMCG).



**Daan Keiman, MA**  
Education Lead ADEPT



Daan Keiman (MA Spiritual Care), is a queer psychedelic and Buddhist chaplain. They have supported hundreds of clients in a range of different psychedelic care contexts. He has a strong background in the social sciences, passion for education, and commitment to ethics and contemplative practice. Daan has a proven track record teaching in and curating psychedelic training programs.



**Timo Spijkers, MSc**  
Operational Director  
OPEN Foundation



Timo holds over 10 years of experience working for both hospitals and mental healthcare organisations. With a Master's in Healthcare Policy, Innovation, and Management from Maastricht University, he is passionate about making healthcare more accessible and efficient. For the last 4 years, Timo has been working at Mindler as business developer and country manager, where he helps build their digital mental healthcare program.

Since joining OPEN in April 2023, Timo has focused on turning ideas into concrete projects and finding financial resources for execution.



**Ana Martins, BS**  
Operational Manager  
ADEPT



Conference Manager for ICPR 2024, Ana brings extensive experience in large-scale event and project management. With a Master's degree in Clinical Psychology from Leiden University, Ana combines clinical expertise with operational acumen. She is dedicated to bridging research and practice, contributing to the advancement of psychedelic therapy training through her organisational and strategic efforts.



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# OPEN BOARD



**ERWIN KREDIET, MSC**

CHAIR



Psychedelic Researcher and Therapist at ARQ National Psychotrauma Centre and serves as Chair of the OPEN Foundation. With a Master's degree in Clinical Psychology from the University of Amsterdam, Erwin has extensive experience in developing and investigating psychedelic-assisted therapies for PTSD.



**WIM VAN DEN BRINK, MD, PHD**

BOARD MEMBER

Emeritus Professor of Psychiatry and Addiction, Amsterdam Medical Center, University of Amsterdam. Scientific Director of the National Committee for Treatment of Heroin Addiction in Utrecht, the Netherlands. Vice Chair of the State Commission MDMA in the Netherlands.



**PATRICIA PISTERS, PhD**

SECRETARY



Professor of film at the Department of Media Studies at the University of Amsterdam since 2004, founding editor of the Open Access journal Necsus.



**Michiel van Elk, PhD**

TREASURER



Associate professor, researcher, and supervisor of the Psychedelic, Religious, Spiritual, and Mystical Experiences Lab at Leiden University.



**Renske Blom, MD**

BOARD MEMBER



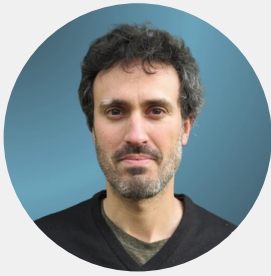
Psychiatrist at NPI and Arkin, where she also serve as the lead therapist in the P-TRD psilocybin trial, focusing on the safety and efficacy of psilocybin for depression.



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# CORE FACULTY



**Marc Aixalà, MSc**



Licensed health psychologist, psychotherapist, and Holotropic Breathwork facilitator. With expertise in non-ordinary states of consciousness and MDMA-assisted therapy for PTSD, he coordinates support services at ICEERS. Marc also leads workshops, conducts research, and offers lectures on integration and psychedelic psychotherapy globally.



**Michiel van Elk, PhD**



Associate Professor at Leiden University, leading the PRSM Lab. With expertise in cognitive neuroscience, philosophy, and psychology of religion, he studies altered states of consciousness using diverse methods. A Fulbright scholar, Michiel published extensively and his work has appeared in major outlets like The New York Times and National Geographic.



**Rosalind Watts, PsyD**



Clinical psychologist and founder of ACER Integration.



**Torsten Passie, MD, MA**

Professor of Psychiatry at Hannover Medical School and Visiting Scientist at Goethe University.



**Anja Loizaga-Velder, PhD**



German-Mexican clinical psychologist and psychotherapist with 30+ years of experience in indigenous psychedelic healing. Co-founder of Nierika Institute, focusing on sacred plant medicine research and therapy.



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# ADVISORY COUNCIL



**Robert Schoevers, MD, PhD**



Professor of Psychiatry and Head of the Department at UMCG. His research focuses on mood and anxiety disorders, particularly depression, aiming to develop effective interventions by exploring neurobiological and psychological mechanisms. His work includes studying psychoplastic compounds, like ketamine and psilocybin, for treatment-resistant depression.



**Janis Phelps, PhD**



Founder and director of the psychedelic therapy education programme at CIIS in San Francisco. Her 2017 publication outlines best practices for training psychedelic therapists. With over 25 years of experience, she has worked as a clinical psychologist and professor in various therapeutic modalities.



**Helena Aicher, PhD**



Clinical psychologist and postdoctoral researcher at the University Hospital of Psychiatry Zürich.



**Holly Fernandez Lynch, JD, MBE**



Associate Professor of Medical Ethics and Law at the University of Pennsylvania.



**Lisa Bright**



Decades of experience in executive board functions and as a senior adviser to multiple pharmaceutical companies. Highly experienced in vision and strategy development with an extensive network in fundraising.



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# Advanced Education in Psychedelic Therapy

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Overview Year 1 & 2



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Advanced Education in  
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## MODULE 1: ORIENTATION, CORE COMPETENCIES & KEY CONCEPTS

Week 1	ADvanced Education in Psychedelic Therapy, an Introduction 2 hour pre-recorded - 2 hour workgroups	Daan & Torsten
Week 2	Cultivating core competencies IN PERSON (09:00 - 18:00)	Torsten
Week 3	Careful considerations: an introduction to the ethics of psychedelic-assisted therapy 2 hour pre-recorded - 2 hour workgroups	Daan
Week 4	Integration and infrastructure: ADEPT in a changing world 1 hour pre-recorded - 2 hour LIVE Q&A (19:00) - 2 workgroups	Daan & Joost

## MODULE 2: A CRITICAL HISTORY

Week 5	Psychedelics: the first 20.000 years 2 hour pre-recorded - 2 hour workgroups	Erika
Week 6	A history of psychedelic therapy in the west 2 hour pre-recorded - 2 hour workgroups	Torsten
Week 7	A dark history: decolonizing psychedelic therapy 2 hour pre-recorded - 2 hour workgroups	Sara
Week 8	Cultural humility: integrating historical insights into clinical practice 1 hour pre-recorded - 2 hour LIVE Q&A (19:00) - 2 workgroups	Anja

## MODULE 3: NEUROBIOLOGY & PSYCHOPHARMACOLOGY OF PSYCHEDELICS

Week 9	The neuropharmacology of psychedelics 2 hour pre-recorded - 2 hour workgroups	Michiel
Week 10	Meeting the medicine: a pharmacological introduction to psychedelics 2 hour pre-recorded - 2 hour workgroups	Torsten
Week 11	Thinking it through: critical reflections on research methodology in clinical trials and neuroscience 2 hour pre-recorded - 2 hour workgroups	Michiel
Week 12	From research to practice: evidence-based treatments 1 hour pre-recorded - 2 hour LIVE Q&A (19:00) - 2 workgroups	Michiel

## MODULE 4: CLINICAL EVIDENCE: RISKS, PROCESSES, OUTCOMES

Week 13	Breaking through together: different mechanisms of action 2 hour pre-recorded - 2 hour workgroups	Michiel
Week 14	The clinical applications of psychedelics 2 hour pre-recorded - 2 hour workgroups	Wim
Week 15	Adverse effects: challenging experiences and adverse events in psychedelic-assisted therapy 2 hour pre-recorded - 2 hour workgroups	Joost
Week 16	Integrative approaches to psychedelic therapy IN PERSON (09:00 - 18:00)	Bill

## MODULE 5: MODELS, MODALITIES, & PARADIGMS OF CARE IN P-AT

Week 17	Different paradigms: Trauma-informed care and Internal Family Systems 2 hour pre-recorded - 2 hour workgroups	Marcela & Marta
Week 18	Different paradigms: Psychodynamic psychotherapy & CBT 2 hour pre-recorded - 2 hour workgroups	Jeff
Week 19	What does it mean? Existential psychotherapy and collaborative meaning-making 2 hour pre-recorded - 2 hour workgroups	Roman
Week 20	Apprenticeship, humility and self-experience 1 hour pre-recorded - 2 hour LIVE Q&A (19:00) - 2 workgroups	Anja

## MODULE 6: THE ARC OF P-AT: PREPARATION

Week 21	Interest in ingesting: Indications for PAT 2 hour pre-recorded - 2 hour workgroups	Torsten
Week 22	Ineffable informed consent: Expectation management and the art of preparation 2 hour pre-recorded - 2 hour workgroups	Torsten
Week 23	Biopsychosocial & psychiatric screening: Contraindications, interaction effects, & assessing relational and situational factors 2 hour pre-recorded - 2 hour workgroups	Ben & Allison
Week 24	From indication to integration: Psychedelic use outside the clinic 1 hour pre-recorded - 2 hour LIVE Q&A (19:00) - 2 workgroups	Rosalind



## MODULE 7: UNDERSTANDING & WORKING WITH NON-ORDINARY STATES OF CONSCIOUSNESS

Week 25	Going beyond: personal and transpersonal realms of experience 2 hour pre-recorded - 2 hour workgroups	Marc
Week 26	In between: Interpersonal dynamics 2 hour pre-recorded - 2 hour workgroups	Torsten
Week 27	Ethical conduct: Non-ordinary considerations IN PERSON (09:00 - 18:00)	Anja
Week 28	Ritual dynamics: The constructive power of ceremony and community 1 hour pre-recorded - 2 hour LIVE Q&A (19:00) - 2 workgroups	Anja

## MODULE 8: THE ARC OF P-AT: SESSIONS

Week 29	Safety in sessions: Offering care in each phase of the journey 2 hour pre-recorded - 2 hour workgroups	Anja
Week 30	Touched by therapy: Navigating touch, music and intensity 2 hour pre-recorded - 2 hour workgroups	Anja
Week 31	Sensitive and safe: Best practices in culturally attuned care 2 hour pre-recorded - 2 hour workgroups	Sara
Week 32	An infrastructure of care: Self-care, after care, and community 1 hour pre-recorded - 2 hour LIVE Q&A (19:00) - 2 workgroups	Rosalind

## MODULE 9: THE ARC OF P-AT: INTEGRATION

Week 33	Bringing it all home: The importance of integration work 2 hour pre-recorded - 2 hour workgroups	Marc
Week 34	That's normal: Working with a range of post-session challenges 2 hour pre-recorded - 2 hour workgroups	Marc
Week 35	That's challenging: Psychedelic integration in a naive culture 2 hour pre-recorded - 2 hour workgroups	Marc
Week 36	Integrating psychedelic-assisted therapy into community 1 hour pre-recorded - 2 hour LIVE Q&A (19:00) - 2 workgroups	Marc & Rosalind

## MODULE 10: WORKING IN GROUPS: COMMUNITY, AND THE SCIENCE AND ART OF GROUP THERAPY WITH PSYCHEDELICS

Week 37	Blurry boundaries: On maintaining healthy boundaries in groups and with individuals 2 hour pre-recorded - 2 hour workgroups	Marc
Week 38	Group dynamics and best practices in psychedelic-assisted group therapy 2 hour pre-recorded - 2 hour workgroups	Torsten
Week 39	Power and personal practice: community, supervision, and self-reflection 2 hour pre-recorded - 2 hour workgroups	Rosalind
Week 40	Becoming ADEPT: Continuous integration and education IN PERSON (09:00 - 18:00)	TBD



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# Advanced Education in Psychedelic Therapy

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Content modules



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## MODULE 1: ORIENTATION, CORE COMPETENCIES AND KEY CONCEPTS

This foundational module welcomes participants to the ADEPT program and introduces them to the cyclical structure of each module, which moves through theory, practice, ethics, and integration. Participants will familiarize themselves with the online platform, faculty, key literature, assignments, and shared agreements. The focus is on building a supportive learning community while exploring the core principles of psychedelic-assisted therapy (PAT) and its integration into professional and cultural contexts. This module establishes the foundation for the program, emphasizing theory, ethics, and practical application while fostering community and professional growth.

### Week 1: ADvanced Education in Psychedelic Therapy, an introduction

This week lays the groundwork, introducing the ADEPT principles, therapeutic applications of psychedelics, and the cyclical module format. Participants connect with their cohort and start exploring core concepts of PAT.

### Week 2: Cultivating core competencies

Core principles of PAT, including the standard model and competencies required for practitioners, are discussed. Core faculty member Dr. Torsten Passie shares insights from decades of legal and underground practice, highlighting the transformative nature of PAT, challenges in training, and strategies for mitigating risks during experiential learning.

### Week 3: Careful considerations: an introduction to the ethics of psychedelic-assisted therapy

Ethics take center stage with an introduction to ADEPT's Code of Ethics and Code of Conduct. Participants examine ethical dilemmas unique to PAT compared to regular psychotherapy and discuss the implications for practice.

### Week 4: Integration and infrastructure: ADEPT in a changing world

The final week focuses on integrating module learnings into professional and cultural contexts, including indigenous approaches, ecological awareness, and mainstream mental health care. It culminates in a live Q&A, addressing questions about the program structure, with guest speaker Rozemarijn Vernooij offering insights into the legal framework and future of psychedelics in therapy.

## MODULE 2: HISTORICAL AND CRITICAL PERSPECTIVES ON PSYCHEDELICS & PSYCHEDELIC-ASSISTED THERAPY

This module delves into the extensive history and cultural diversity of psychedelic use, from ancient practices to modern therapeutic applications. Participants explore the evolution of psychedelic use across time and geography, examine historical misconceptions, and confront the ethical challenges rooted in the legacy of imperialism, colonialism, and cultural appropriation. The focus is on fostering a nuanced understanding of how historical insights inform contemporary practice in psychedelic-assisted therapy (PAT). This module equips participants with a deep understanding of the historical and cultural dimensions of psychedelics, providing essential context for ethical and inclusive practices in PAT today.

## Week 1: Psychedelics: the first 20.000 years

This week offers an exploration of the long history of human psychedelic use across various cultures. Georgio Samorini discusses the diverse roles psychedelics have played in ceremonies, rites of passage, recreation, and spiritual connection, highlighting both their universality and cultural diversity. Building on the work of Erika Dyck we critically examine the dominant Western perspective on psychedelic history, cautioning against the romanticization of indigenous practices.

## Week 2: A history of psychedelic-assisted therapy in the west

This week focuses on the three waves of psychedelic research and the historical development of substance-assisted psychotherapy. Dr. Torsten Passie introduces the distinctions between European psycholytic and American psychedelic therapy approaches and explores how prohibition, underground work, and evolving legal contexts have shaped current best practices in PAT.

## Week 3: A dark history: decolonizing psychedelic therapy

Guest speaker Sara Reed examines the lasting impact of imperialism, racism, and colonialism on contemporary psychedelic therapy. She highlights the importance of decolonization and cultural sensitivity in building inclusive and ethical practices. Key topics include the history of non-consensual use of psychedelics, the principles of “inclusive care,” and strategies for addressing bias and oppression within PAT.

## Week 4: Cultural humility: integrating historical insights into clinical practice

Core faculty member Anja Loizaga-Velder shares her perspective on the integration of historical, cultural, and ethical learnings into western clinical contexts, emphasizing the role of indigenous knowledge in contemporary practices. Through the work of Fotiou, participants reflect on honoring ancestral lineages and indigenous wisdom while navigating the complexities of clinical practice in Western contexts. The module concludes with a synthesis of historical insights and their relevance for modern PAT, highlighting enduring themes of cultural respect and ethical integrity.

# MODULE 3: NEUROBIOLOGY AND PSYCHOPHARMACOLOGY OF PSYCHEDELICS

This module transitions from historical and ethical contexts to the scientific underpinnings of psychedelic-assisted therapy (PAT). Participants explore the pharmacological actions, neurobiological mechanisms, and dosing of psychedelics, along with critical reflections on research limitations and the integration of science into clinical practice. This module provides a robust understanding of the scientific principles and ethical considerations necessary for integrating psychedelics into evidence-based therapeutic practices.

## Week 1: The neuropharmacology of psychedelics

This week we examine neuroscientific findings, focusing on the basics of psychedelic psychopharmacology and neurobiological mechanisms. Michiel van Elk introduces cognitive neuroscience and its relevance to practitioners, providing a comprehensive overview of how psychedelics affect the brain. We explore how common effects of psychedelics connect to their pharmacological and neurobiological actions, and gain insights into key neuroscientific theories about their mechanisms of action.

## Week 2: Meeting the medicine – a pharmacological introduction to psychedelics

Dr. Torsten Passie offers an in-depth pharmacological overview of classic psychedelics, ketamine, and MDMA. Topics include their pharmacological structures, mechanisms of action, therapeutic potential, and dosing strategies. Participants also examine the side effects and dose-dependent variations in the effects of these substances, laying the groundwork for informed clinical application.

## Week 3: Thinking it through: critical reflections on research methodology in clinical trials and neuroscience

This week highlights critical ethical considerations in psychedelic-assisted therapy (PAT), focusing on the limitations of clinical research and its translation to practical settings. Michiel van Elk critiques methodological challenges, such as designing double-blind studies and interpreting statistical significance. He explores the gaps between clinical research and naturalistic settings, and emphasizes the practitioner's role in responsibly integrating psychedelics into mental health care.

## Week 4: From research to practice: evidence-based treatments

In this module's final week, we explore how psychopharmacological and neurobiological insights shape our understanding of psychedelic-assisted therapy (PAT). Michiel van Elk examines why psychedelics seem effective across various mental health conditions, delving into three key neuroscientific theories. He reflects on the philosophical and metaphysical foundations of these theories, and highlights the interplay between neuroscience, clinical research, and therapeutic practice.

# MODULE 4: CLINICAL EVIDENCE: RISKS, PROCESSES, OUTCOMES

This module examines the diverse therapeutic mechanisms, applications, and challenges of psychedelic-assisted therapy (PAT), blending insights from psychological research, clinical practice, and integrative models of care. Beginning with a focus on mechanisms of action, it explores therapeutic factors like emotional breakthroughs, mystical experiences, and connection. Clinical applications are analyzed alongside the potential risks and adverse effects for clients and practitioners, emphasizing ethical accountability and risk mitigation. The module concludes with integrative approaches, synthesizing lessons learned into comprehensive, multidimensional care frameworks, preparing practitioners to navigate the complexities of PAT.

## Week 1: Breaking through together: psychological mechanisms of action

Michiel van Elk explores therapeutic mechanisms in PAT, including emotional breakthroughs, mystical experiences, and *communitas*. He highlights the role of connection as a key driver of therapeutic outcomes and critically examines the use of mysticism questionnaires to measure certain effects.

## Week 2: The clinical applications of psychedelics

Wim van den Brink reviews current clinical evidence for PAT, comparing it to traditional mental health treatments. He discusses the opportunities and challenges for integrating psychedelics into standard care, addressing legal, regulatory, and practical considerations.

### Week 3: Adverse effects: challenging experiences and adverse events in psychedelic-assisted therapy

Joost Brekxsema examines risks associated with PAT, including adverse events and ethical concerns in research. Dr. Brekxsema examines the hype around the efficacy of PAT and how that could negatively impact clients.

### Week 4: Integrative approaches to psychedelic therapy

Bill Brennan introduces integrative frameworks, like the EMBARK model, which address the multidimensional needs of clients receiving PAT. He emphasizes the importance of weaving together clinical, nonclinical, and community-based approaches to create comprehensive, person-centered care.

## MODULE 5: MODELS, MODALITIES, AND PARADIGMS OF CARE IN PAT

This module examines the practical, relational, and ethical dimensions of integrating psychedelics into mental health care. It emphasizes the importance of core competencies across various therapeutic modalities while addressing the different paradigms, challenges, and ethical considerations associated with psychedelic-assisted therapy. Participants explore frameworks for preparation and integration, relational and somatic dynamics, existential meaning-making, and the insights gained from indigenous traditions and personal psychedelic experience.

### Week 1: Different paradigms: Trauma-informed care and Internal Family Systems

Rosalind Watts introduces different therapeutic frameworks for PAT, including ACT, ACE, IFS, and others, emphasizing the importance of practitioner self-awareness and flexibility.

### Week 2: Different paradigms: Psychodynamic psychotherapy & CBT

This week explores PAT as relational, somatic, and existential medicine, emphasizing the therapeutic relationship and addressing overlooked dimensions like the body and spirituality. Practical strategies are presented to deepen the practitioner's ability to support sense-making and meaning-making during psychedelic experiences.

### Week 3: What does it mean? Existential psychotherapy and collaborative meaning-making

Roman Palitsky highlights the ethical importance of non-directive, collaborative meaning-making in PAT. This week examines existential themes like death, purpose, and belonging, emphasizing how practitioners can ethically and effectively navigate these profound issues.

### Week 4: Apprenticeship, humility, and self-experience

Anja Loizaga-Velder explores the integration of indigenous and clinical approaches, introducing the concept of psychedelic apprenticeship. This week examines the impact of practitioners' self-experience on therapy, with a focus on ethical considerations like countertransference and self-disclosure.

## MODULE 6: THE ARC OF PSYCHEDELIC-ASSISTED THERAPY: PREPARATION

This module examines the indications, preparation, screening, and real-world applications of PAT. Participants explore clinical and ethical considerations for assessing suitability, managing risks, and supporting clients through the therapeutic process. The module integrates insights from clinical research, pharmacology, and naturalistic practices, emphasizing personalized care and the broader societal context of psychedelic use.

### Week 1: Interest in ingesting: Indications for PAT

Torsten Passie reviews conditions suitable for PAT, therapeutic approaches, and how to integrate psychedelics into traditional mental health care. He highlights when to initiate or halt psychedelic sessions based on clinical insights.

### Week 2: Ineffable informed consent: Expectation management and the art of preparation

This week discusses preparation strategies, informed consent, and expectation management. Topics include risk mitigation, boundary-setting, and ethical practices. Participants also begin self-screening and start to work on a risk mitigation plan.

### Week 3: Biopsychosocial and psychiatric screening: Contraindications, interaction effects, and assessing relational and situational factors

Ben Malcolm outlines contraindications, drug interactions, and risk factors. He addresses the core principles of health screening, discusses common myths about risks, and explores ethical dilemmas in inclusion/exclusion, and offers strategies for creating tailored risk mitigation plans for clients.

### Week 4: From indication to integration: Psychedelic use outside the clinic

In the final week of this module, Dr. Rosalind Watts shares best practices from clinical trials and reflects on the nuances of preparation by comparing psychospiritual retreats and naturalistic psychedelic use with clinical trials. We examine sociological research on recreational use and mental health, and explore the important role of community in psychedelic experiences, highlighting the challenges faced by clients preparing for journeys in social contexts lacking shared understanding or support.

## MODULE 7: UNDERSTANDING AND WORKING WITH NON-ORDINARY STATES OF CONSCIOUSNESS

This module delves into the rich landscape of non-ordinary states of consciousness (NOSC) as they relate to psychedelic-assisted therapy (PAT). Beginning with personal and transpersonal dimensions, it moves to explore the interpersonal dynamics of NOSC, emerging ethical considerations, the role of ceremony in structuring NOSC, and the power and role of community. By combining theoretical foundations, practical techniques, and ethical guidance, the module equips participants practitioners with a nuanced understanding of working with NOSC in clinical contexts.



## Week 1: Going beyond: personal and transpersonal realms of experience

We introduce the idea of different realms of consciousness through examining principles in transpersonal psychology, focusing on personal and transpersonal dimensions of NOSC. This week highlights the wide range of phenomenological qualities of psychedelic experiences and explores their therapeutic implications.

## Week 2: In between: Interpersonal dynamics

This week explores how NOSC affect professional relationships during and after sessions. Examines amplified (counter)transferences, psychodynamic shifts, and psycholytic approaches to PAT, emphasizing interpersonal patterns and therapeutic practices.

## Week 3: Ethical conduct: Non-ordinary considerations

This week focuses on ethical considerations and boundary management in psychedelic-assisted therapy (PAT). This includes addressing ethical dilemmas specific to working with non-ordinary states of consciousness, such as amplified power dynamics, projection, and regression. Emphasis is placed on the therapist's responsibility to maintain integrity and relational boundaries for client safety. We expand on session dynamics, exploring how and when to intervene during challenging experiences and the ethical considerations involved.

## Week 4: Ritual dynamics: The constructive power of ceremony and community

Week four examines the role of ritual, ceremony, community, and alternative modalities in structuring and supporting NOSC. It explores how cultural and clinical practices intersect, emphasizing their significance in integrating PAT into broader therapeutic contexts.

# MODULE 8: THE ARC OF PSYCHEDELIC-ASSISTED THERAPY: SESSION

This module explores the nuanced role of supporting clients during psychedelic-assisted therapy (PAT) sessions, emphasizing safety, empathy, cultural attunement, and sustainable care practices. Across the weeks, it examines the distinct phases of a session, navigating high-intensity experiences, addressing cultural considerations, and fostering a robust care infrastructure for clients and practitioners alike. This module provides practical tools and ethical frameworks for creating a safe, inclusive, and supportive therapeutic environment that spans pre-session preparation to post-session integration.

## Week 1: Safety in sessions: Offering care in each phase of the journey

This week delves into the intricacies of guiding clients through psychedelic experiences, focusing on the distinct phases of a session, and the strategies to support clients during each phase. We address common challenges like experiential avoidance and amplified psychological defenses, while offering guidance on how practitioners can respond effectively.

## Week 2: Touched by therapy: Navigating touch, music and intensity

This week, we learn to understand the role of somatic practices, offering touch during sessions, informed consent, and relational attunement in navigating intense experiences, such as fear, overwhelming emotions, or mystical experiences. We gain insights into managing countertransference and using the therapist's body as a stabilizing tool.

### Week 3: Sensitive and safe: Best practices in culturally attuned care

Sara Reed offers strategies for culturally sensitive PAT, addressing biases, ethical concerns, and culture-specific dynamics. Learn to collaboratively create inclusive therapeutic contexts while managing cultural projections and transference.

### Week 4: An infrastructure of care: Self-care, after care, and community

In the final week of this module we integrate risk management, aftercare, and therapist self-care practices into a holistic care framework. Emphasizing community-building and exploring the infrastructure needed to incorporate PAT into mainstream mental health systems effectively.

## MODULE 9: THE ARC OF PSYCHEDELIC-ASSISTED THERAPY: INTEGRATION

This module delves into the critical integration phase of PAT, emphasizing the intrapersonal, interpersonal, and transpersonal aspects of post-session work. It addresses challenges, ethical considerations, and the infrastructure required to support clients in both clinical and non-clinical contexts, blending theoretical insights with practical strategies.

### Week 1: Bringing it all home: The importance of integration work

In the first week Marc Aixala explores integration practices across intrapersonal, interpersonal, and transpersonal dimensions. He highlights challenges that can arise and discusses the multidimensional nature of psychedelic experiences—cognitive, emotional, behavioral, temporal, relational, and existential.

### Week 2: That's normal: Working with a range of post-session challenges

This week, Marc Aixala focuses on techniques for addressing common and adverse post-session challenges. Topics include neuroplasticity, working with and understanding symbolic material, and applying harm reduction strategies.

### Week 3: That's challenging: Psychedelic integration in a naive culture

In the third week we examine key ethical challenges related to working with clients who are likely to come from a culture unfamiliar with the psychedelic experience. Marc Aixalà discusses when to normalize client experiences, how to identify when additional support is needed, and how to differentiate between mental health crises and spiritual emergencies—a concept both valued and critiqued. Additionally, Aixalà addresses the distinctions and overlaps between therapy and integration work.

### Week 4: Integrating psychedelic-assisted therapy into community

Marc Aixalà highlights the need for robust support systems post-psychedelic therapy, contrasting indigenous integration practices with the challenges in psychedelically-naïve WEIRD cultures. He addresses managing adverse reactions, stabilizing clients, and engaging social networks for support. Dr. Rosalind Watts introduces her ACER model and offers valuable insights from her framework. Together, they offer practical tools for supporting clients who are navigating unregulated psychedelic experiences.

## MODULE 10: WORKING IN GROUPS: COMMUNITY, AND THE SCIENCE AND ART OF GROUP THERAPY WITH PSYCHEDELICS

The final module of the ADEPT training program focuses on working with groups and in community. It addresses ways of upholding boundaries, and maintaining ethical, professional, and personal integrity in psychedelic-assisted (group) therapy. Through discussions on boundary dynamics, group processes, practitioner risks, and continuous learning, participants gain tools to navigate the complexities of both individual and group therapy settings. The module emphasizes the importance of safety, community, and humility as key components for effective and ethical practice.

### Week 1: Blurry boundaries: On maintaining healthy boundaries in groups and with individuals

This week explores the boundary-dissolving effects of psychedelics and their implications for individuals and especially groups. Marc Aixalà provides practical strategies for upholding boundaries, addressing transgressions, and balancing safety with freedom in both group and individual sessions.

### Week 2: Group dynamics and best practices in psychedelic-assisted group therapy

Dr. Passie delves into psychedelic group therapy, discussing client suitability, preparation, and safety measures. He shares techniques for navigating group projections, individual crises within a group, and creating supportive therapeutic settings.

### Week 3: Power and personal practice: community, supervision, and self-reflection

Dr. Rosalind Watts addresses practitioner risks such as ego inflation and the challenges of working with clients in highly suggestible states. She emphasizes accountability, ethical considerations, and the importance of community support and peer supervision.

### Week 4: Becoming ADEPT: Continuous integration and education

The program concludes with reflections from the core faculty on integrating learnings into practice. Participants are encouraged to continue education, adapt to evolving legal and scientific landscapes, and embrace a mindset of growth and humility.



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Technicalities



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## Amount of Time Spent Studying by ADEPT Students

Module	Week	Article Time (min)	Book Time (min)	Video Time (min)	Total Time per Week (hrs)
1	Week 1	43m	35m	30m	1h 48m
	Week 2	Article 1: 30m ? Article 2: 16m	21m	-	1h 7m
	Week 3	Article 1: 16m Article 2: 5m	-	-	21m
	Week 4	10m	-	28m	38m
	Total for Module	1h 44m	56m	58m	3h 54m
2	Week 1	Article 1: 55m Article 2: 13m Article 3: 8m Article 4: 11m	-	20m	1h 47m
	Week 2	-	15m	Video 1: 25m Video 2: 1h 9min	1h 49m
	Week 3	11m	Book Chapter 1: 30m Book Chapter 2: 35m	-	1h 16m
	Week 4	Article 1: 18m Article 2: 19m	-	-	37m
	Total for Module	2h 15m	1h 20m	1h 54m	5h 29m
3	Week 1	Article 1: 38m Article 2: 28m	50m	-	1h 56m
	Week 2	38m	50m	-	1h 28m
	Week 3	-	1h	-	1h
	Week 4	-	26m	-	26m
	Total for Module	1h 44m	3h 6m	-	4h 50m
4	Week 1	Article 1: 50m Article 2: 27m Article 3: 30m Article 4: 50m Article 5: 25m Article 6: 21m	Book Chapter 1: 20m Book Chapter 2: 31m	-	4h 14m
	Week 2	Article 1: 27m Article 2: 22m Article 3: 31m	24m	-	1h 44m
	Week 3	Article 1: 17m Article 2: 33m Article 3: 40m	-	-	1h 30m
	Week 4	Article 1: 33m Article 2: 1h 20m Article 3: 26m	-	-	2h 19m
	Total for Module	8h 32m	1h 15m	-	9h 47m
5	Week 1	1h 22m	Book Chapter 1: 31m Book Chapter 2: 25m Book Chapter 3: 26m	-	2h 44m
	Week 2	Article 1: 40m Article 2: 50m	32m	-	2h 2m
	Week 3	Article 1: 34m Article 2: 40m	-	-	1h 14m
	Week 4	Article 1: 16m Article 2: 25m	-	-	41m
	Total for Module	4h 47m	1h 54m	-	6h 41m
6	Week 1	Article 1: 50m Article 2: 27m Article 3: 23m Article 4: 35m Article 5: 9m	32m	-	2h 56m
	Week 2	Article 1: 28m Article 2: 26m Article 3: 43m	17m	-	1h 54m
	Week 3	11m	-	Video 1: 20m Video 2: 22m Video 3: 1h 24m	2h 17m
	Week 4	53m	-	-	53m
	Total for Module	5h 5m	49m	2h 6m	8h
7	Week 1	11m	1h 10m	-	1h 21m
	Week 2	-	Book Chapter 1: 40m Book Chapter 2: 28m	-	1h 8m
	Week 3	21m	20m	-	41m
	Week 4	-	-	-	-
	Total for Module	32m	2h 38m	-	3h 10m
8	Week 1	Article 1: 53m Article 2: 10m	-	48m	1h 51m
	Week 2	Article 1: 31m Article 2: 32m	-	-	1h 3m
	Week 3	Article 1: 33m Article 2: 13m Article 3: 19m	-	-	1h 5m
	Week 4	Article 1: 38m Article 2: 29m	-	-	1h 7m
	Total for Module	4h 18m	-	48m	5h 6m
9	Week 1	-	-	-	-
	Week 2	-	-	-	-
	Week 3	-	-	-	-
	Week 4	-	-	-	-
	Total for Module	-	-	-	-
10	Week 1	-	Book Chapter 1: 33m Book Chapter 2: 1h 15m	-	1h 48m
	Week 2	-	Book Chapter 1: 40m Book Chapter 2: 1h 5m	-	1h 45m
	Week 3	-	1h 25m	-	1h 25m
	Week 4	-	2h 10m	-	2h 10m
	Total for Module	-	7h 8m	-	7h 8m
Total	Time In Hours	1d 4h 57m (28h 57min)	19h 6m	5h 46m	2d 6h 5m (54h 5min)